

Home Economics
Circular #303

Rev. January, 1958

PINEAPPLE TREATS

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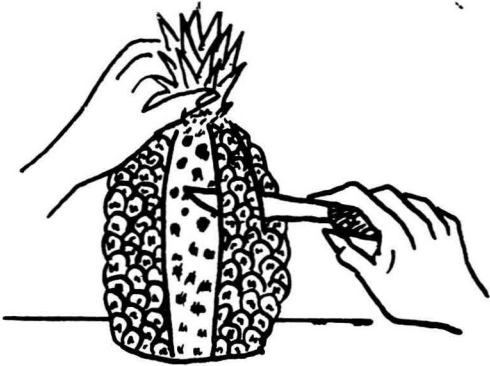
Pineapple is such a popular fruit and one we like to eat so well because of its very refreshing and distinctive flavor. It is native to South America and was probably brought to Hawaii by some Spanish traveler who had been in South America. The pineapple is known as a multiple fruit because it is a collection of small fruit on a central core.

Fresh pineapple is a good source of sugar and a fair source of calcium. The juice has more calcium than guava juice. The popular Island Smooth Cayenne variety of pineapple is a fair to poor source of the vitamins A, B₁ (Thiamine), and C, and low in minerals, phosphorus and iron compared to many other fruits.

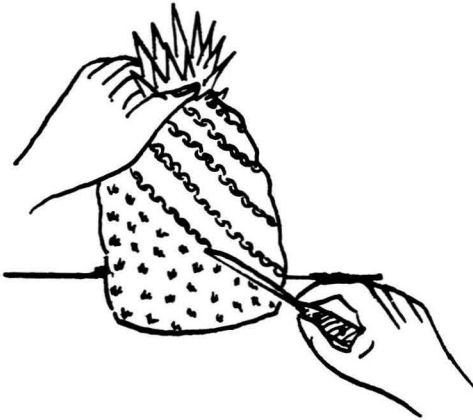
To select a good, ripe pineapple the "thump" test is more reliable than plucking top leaves. The fruit should sound solid when snapped with the forefinger and thumb. The sound should resemble "thumping" the inner side of your wrist. A little practice should make you a reliable "pineapple picker." A small, compact leaf crown, in relation to the size of the fruit indicates a well-developed fruit. Pineapples do not become sweeter once they are picked. They contain no stored starch that will change to sugar. The color of the rind does not indicate fruit quality. It may vary from yellow to a greenish brown. The best quality pineapples are harvested during the summer months.

Pineapple, fresh, canned or frozen, is available as juice, crushed, chunks, slices, tidbits, mixed cocktail or pie mix. It has as many or more uses--beverages, punches, fruit cocktails, salads, desserts, breads, cookies, cakes, pies, pickles, jams, etc.

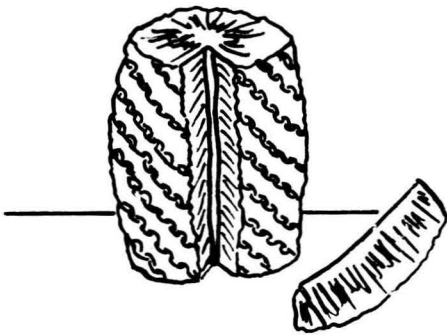
Preparing Fresh Pineapple



- a. Cut a thick slice from the bottom of the pineapple and stand fruit on a cutting board. The top should be left on until later. It makes a good handle while preparing the fruit. Start cutting the rind off from the top downward with a sharp, heavy knife. Cut as deep as necessary to remove peel.



- b. Next cut the eyes out in deep grooves diagonally around the fruit. Be sure to remove all the eyes and spines. Now remove top.



- c. Slice fruit lengthwise in spears or wedges or cut fruit in rounds. Remove core.



- d. If you wish fresh fruit for jams, conserves, or in crushed form, shred the peeled fruit from top to bottom with a fork. It is best to leave the top on to hold the fruit firm for shredding. Save as much juice as possible to use with the shredded fruit, or separately as a beverage or punch base.

Beverages

JUICE - fresh, canned, or fresh frozen pineapple juice may be used for breakfast, lunch or dinner, plain, in cocktails, or in combination with other juices.

EGGNOG -

3 cups pineapple juice, heated	1 cup light cream, evaporated milk or
4 eggs, separated	skim milk
1/2 cup sugar	1-1/2 tablespoons grated orange peel

Heat pineapple juice. Beat egg yolks with 1/4 cup sugar until thick. Pour hot pineapple juice slowly into egg yolks, stirring constantly. Beat egg whites and remaining 1/4 cup sugar until fluffy. Add cream or milk to hot pineapple-egg mixture; fold in egg whites. Serve hot or cold. Makes 10 servings.

PINE-TEA PUNCH

4 cups boiling water	12 cups pineapple juice (fresh, frozen, canned)
1 cup tea leaves	2 cups tart juice (guava, lemon, lime,
4 cups sugar	passion fruit)
4 cups cold water	

Add boiling water to tea leaves; let stand 5 minutes, then strain, add sugar, and stir until dissolved. Cool. Add other ingredients; chill. Serve in punch bowl with block of ice. Makes about 6 quarts, or 50 half-cup servings.

Cocktails or Fruit Cups

HAWAIIAN AMBROSIA

Combine fresh, frozen or canned pineapple chunks, sliced dates, diced bananas, halves of maraschino cherries, or any other fresh fruit, and shredded coconut in any desired proportions. Sweeten with a little pineapple juice, if desired. Chill thoroughly. Serve for first course or dessert.

Salads

PINEAPPLE, CABBAGE, MARSHMALLOW

Serves 6 - 8

1/2 medium-sized head cabbage	1/2 teaspoon salt
1 cup drained, crushed pineapple	1 tablespoon sugar
1/2 cup cut marshmallows or miniature marshmallows	1/2 cup sour cream, salad dressing or mayonnaise

Chill cabbage thoroughly. Shred fine. Measure about 4 cups. Add marshmallows and drained crushed pineapple. Combine remaining ingredients; pour over cabbage mixture. Sprinkle with paprika.

SUNSET SALAD

Serves 8 - 10

1 package lemon flavored
gelatin
2 tablespoons lemon juice
(or vinegar)

1-1/2 cups grated raw carrots
1-1/4 cups well drained canned,
crushed pineapple*

Prepare gelatin according to directions on package. Add the lemon juice or vinegar. Chill, and when partially set, add grated carrots and crushed pineapple. When partially set again, pour into a ring mold (8-1/2" in diameter and 2-1/2" deep) or 8 to 10 individual molds. Chill until firm. Unmold on large chop plate or individual salad plates. Garnish with crisp lettuce, or lacy watercress. Serve with appropriate dressing: Mayonnaise or salad dressing thinned with a little cream.

*If fresh pineapple is used, cook and sweeten to taste before adding to gelatin.

FULL MOON SALAD

Arrange 6 slices of canned pineapple* upright along sides of a bread-loaf pan. Pour in your favorite tomato aspic. Chill until firm, unmold on platter. Scoop out center, fill with shrimp and diced celery. Garnish with watercress. Pass mayonnaise thinned with pineapple sirup. This would be an excellent main dish salad.

*If fresh pineapple is used, cook before adding tomato aspic.

Desserts

CAREER GIRL'S DELIGHT

12 fig-filled cookies, crushed
1 cup tidbits or crushed
pineapple, drained

8 marshmallows, quartered
1/2 cup heavy cream, whipped

In advance, dice or crumble the fig cookies. Add tidbits or crushed pineapple and marshmallows quartered. Chill several hours or overnight. About an hour before serving, whip cream and fold in. Heap in dessert glasses, sprinkle with chopped walnuts, and chill again. This is a versatile sort of recipe. You can use macaroons or other cookies in place of fig bars; add diced bananas with the cream--and so on.

PINEAPPLE SHERBET

Serves 5 - 6

1/2 tablespoon (1/2 envelop)
gelatin
2 tablespoons cold water
2 cups buttermilk

1 cup sugar
1 cup (9 oz. can) crushed pineapple
1 teaspoon vanilla
1 egg white, beaten stiff

Soften gelatin in cold water; dissolve over hot water; thoroughly combine buttermilk, sugar, pineapple and sirup, vanilla and gelatin. Pour mixture into freezer tray; freeze firm. Beat with an electric beater (or hand beater) until smooth. Add stiffly-beaten egg white. Re-freeze until firm.

LANI LAIKI

Serves 6 - 8

Lani Laiki means "Heavenly Rice" in Hawaiian, and you'll agree that left-over rice has a special glamour when fixed this delicious way.

2 cups cold cooked rice	1/2 cup coarsely chopped nuts
1 cup tidbits or crushed pineapple, drained	2 tablespoons sugar
1/2 cup pitted dates, chopped	1 cup heavy cream, whipped

Mix all ingredients together, and chill before serving. (You may cut up 12 to 16 marshmallows and add also, if you wish.) Chill thoroughly. Serve decorated with a bit of guava jelly or a maraschino, or fresh frozen strawberries or raspberries.

PINEAPPLE-CHEESE ICEBOX PIE

Serves 6

Filling:

1 tablespoon plain gelatin
1/4 cup cold water
3 egg yolks
1 cup crushed pineapple
1 teaspoon grated lemon peel
2 tablespoons lemon juice
1/4 cup sugar
1 cup soft cottage cheese
3 egg whites
1/4 teaspoon salt
1/2 cup sugar

Add gelatin to cold water and set aside. In cold double boiler beat 3 egg yolks slightly, add crushed pineapple (sirup and all), lemon peel, lemon juice and 1/4 cup sugar; cook over hot water, stirring, until thick; add gelatin, stir until melted, remove from heat. Put cottage cheese through wire strainer, add to hot mixture; cool until beginning to thicken. Beat 3 egg whites with salt; when stiff, gradually beat in 1/2 cup sugar, and fold into pineapple-cheese mixture. Heap in chilled crust, sprinkle with reserved crumbs, and chill 3 hours or longer.

Crumb Crust:

4 cups corn flakes, crushed (makes 1 cup)
2 tablespoons sugar
4 tablespoons melted margarine or butter

Mix crushed flakes, sugar and melted margarine. Press into 9-inch pie pan, reserving 3 tablespoons crumbs for topping. Chill thoroughly in refrigerator.

Baked Products

PINEAPPLE BRAN MUFFINS

Yield: 12 muffins

1 egg	1-1/2 teaspoons baking powder
2 tablespoons melted shortening	1/4 teaspoon soda
3/4 cup crushed pineapple	3/4 teaspoon salt
1-1/4 cups enriched flour	1/2 cup bran flakes
6 tablespoons sugar	1/3 cup chopped walnuts

Beat the egg, add the melted shortening and undrained pineapple. Sift together the flour, sugar, baking powder, soda and salt, stir into the pineapple mixture. Add the bran flakes and nuts. Pour into well-oiled muffin pans and bake at 375° F. for 30 minutes.

PINEAPPLE PLANTATION CAKE

3 tablespoons margarine or
butter
1/2 cup brown sugar

6 slices canned pineapple
10-12 maraschino cherries
Ginger cake mix*

Melt the 3 tablespoons butter or margarine in an 8 x 8 x 2-inch square pan. Add the 1/2 cup brown sugar and well-drained pineapple slices and cherries. Fill 2/3 full with ginger-cake batter and bake at 350°F. for 40 minutes.

*May substitute white or yellow cake mix.

PINEAPPLE-FILLED COCONUT BARS

Filling: 3/4 cup granulated sugar
3 tablespoons cornstarch
1/4 teaspoon salt

1 cup crushed pineapple, not
drained
1 tablespoon lemon juice
1 tablespoon margarine or butter

Mix first four ingredients together in a small saucepan; bring to a boil. Continue cooking until thickened and clear, about 5 minutes, stirring constantly to prevent sticking. Remove from heat and blend in lemon juice and margarine or butter. Cool slightly while preparing crumb mixture:

Crumb Mix: 1 cup brown sugar firmly
packed
1/4 cup margarine or butter
1 cup sifted all-purpose flour

1/2 teaspoon salt
1-1/2 cups shredded coconut
(do not use fresh)

Cream margarine and sugar together. Add flour, salt and coconut; mix until well distributed and crumbly. Press one-half crumb mixture firmly into a greased and floured 9-inch square baking pan. Spread pineapple filling evenly over surface. Cover with remaining crumbs and press top layer down firmly. Bake in preheated moderate oven (350°F.) for 35 minutes or until golden brown. Cut into 24 bars.

LATTICE PINEAPPLE PIE

Serves 6

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| 1/2 cup sugar | 1 tablespoon butter |
| 2 tablespoons cornstarch | 1 tablespoon lemon juice |
| 1/4 teaspoon salt | Pastry for 2-crust, 8-inch pie |
| 2-1/2 cups crushed pineapple, * | |
| not drained (1 No. 2 can) | |

Line an 8-inch pan with pastry. Mix sugar, cornstarch, and salt, add to pineapple in saucepan. Heat, stirring constantly, until mixture boils; then boil, stirring, about 2 minutes, until clear and thickened. Remove from heat and stir in butter and lemon juice. Pour into pastry-lined pan; weave pastry strips across top. Bake at 425°F. for 25 to 35 minutes, or until crust is done and nicely browned. You may also use the new, canned Hawaiian pineapple pie filling-- just turn contents of No. 2 can into pastry shell, cover with top crust and bake as above.

*Fresh, shredded pineapple may be used if precooked to the consistency of canned, crushed pineapple.

Entrees

PINEAPPLE MEAT RINGS

Makes 10 rings

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| 1 pound ground beef | 1/8 teaspoon pepper |
| 1/2 cup bread crumbs | 1/4 teaspoon dry mustard |
| 1 beaten egg | 1/8 teaspoon sage |
| 1 cup milk | 1 teaspoon curry (optional) |
| 1-1/4 teaspoons salt | Dash of monosodium glutamate |
| 3 tablespoons minced onion | (ajinomoto, accent, etc.) |
| | 10 pineapple slices |

Combine all ingredients except pineapple slices. Divide meat mixture into 10 equal portions, shape like a doughnut and arrange on individual pineapple slices. Place on a rack in pan and bake at 350°F. for 45 minutes. Garnish with stuffed olive and parsley in center of each ring. An excellent oven meal served with green beans baked in mushroom soup, a green salad, hot French bread, a simple dessert as ice cream or sherbet, and coffee.

PINEAPPLE LOBSTER WITH BLACK BEANS

Serves 4

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|---------------------------|-------------------------------------|
| 2 lobster tails | 1 teaspoon green onion |
| 2 tablespoons oil | 1 teaspoon cornstarch |
| 1 crushed clove garlic | 2 tablespoons water |
| 2 tablespoons black beans | 1 teaspoon wine |
| (Chinese) | 1/2 cup pineapple tidbits or chunks |
| 2 tablespoons soy sauce | 1 teaspoon sugar |

Cut lobster and shell in small pieces (about 1-inch). Wash beans and mash with garlic. Add shoyu, sugar, and green onion. Heat pan with 2 tablespoons oil. Add mixed seasonings of garlic, beans, shoyu and sugar, then add lobster and stir-fry about 1 minute. Add cornstarch mixed with water and wine, stir continually. When sauce thickens slightly, turn heat low, cover and simmer for 3 minutes. Add pineapple chunks. Garnish with Chinese parsley. DO NOT OVERCOOK. Might be served with hot, fluffy rice, fresh broccoli with sesame seed, a tossed green salad, tea, and Chinese almond cookies.

SPARERIBS HAWAIIAN

Serves 4 - 6

2-1/2 to 3 pounds meaty pork spareribs (or lamb breast)	2 tablespoons margarine or butter or pork fat
Salt and Pepper	1 tablespoon cornstarch
1/4 cup chopped onion	2-1/2 cups (1 No. 2 can) pineapple chunks or tidbits
1/4 cup thinly sliced celery	1/4 cup vinegar
1/4 cup green pepper, cut 1/2" squares	1 tablespoon soy sauce

Arrange spareribs (or lamb breast), meaty-side up, in shallow pan; salt and pepper lightly; roast in fairly hot oven (400°F.) 30 minutes. Meanwhile cook chopped onion, celery, and green pepper in margarine or pork fat 5 minutes; sprinkle with cornstarch, then stir in 1 cup sirup drained from pineapple chunks, and cook, stirring until transparent. Add vinegar, soy sauce. Add pineapple chunks. Pour off fat from roasting pan, pour pineapple and liquid over meat, reduce heat to 350°F. and cook about 45 minutes or until done, basting with liquid in pan.

Appetizers

PINEAPPLE TERIYAKIS

1 pound tender top round or sirloin of beef, cut 3/4" thick	1 clove garlic, chopped fine
2-1/2 cups (1 No. 2 can) pineapple chunks, drained	1 teaspoon chopped fresh ginger root, or 3/4 teaspoon ground ginger
1/2 cup sirup drained from chunks	1 small jar stuffed olives, drained (about 22)
1/4 cup soy sauce	22 short wooden or metal skewers (about 4 inches long)

With a sharp knife, cut meat into bite-size pieces, about the same size as the pineapple chunks. Combine pineapple sirup, soy sauce, garlic, and ginger; pour over meat cubes and set aside at room temperature for at least 1 hour. Alternate cubes of meat and pineapple chunks on skewers, then finish off with a stuffed olive. Broil 3 inches from heat, turning once, for 10 to 12 minutes. Serve very hot. This recipe makes 20 to 22 servings, sufficient as an appetizer for 8 to 10 persons. Teriyakis are equally good to serve with rice and a salad for luncheon or supper. In that case, cut meat in larger pieces, or use longer skewers. The amounts given will be adequate for 4 to 5 persons.

BACON ROLLUPS

Wrap pineapple chunks with bacon; fasten with a toothpick and broil; serve crisp and hot.

PINEAPPLE-MINT CHEESE DIP

1/2 cup drained, crushed pineapple	2 teaspoons chopped mint (fresh or dried)
	1 - 3 oz. package cream cheese

Mix above ingredients together. Heap in a bowl and serve with raw carrot and celery strips and crackers for "dunking".

PINEAPPLE PICKLES

Yield: 1 - 1-1/2 pints

1 fresh pineapple (4 to 6 cups)
2 cups sugar
2 cups water
Dash salt

1 cup vinegar
1 stick cinnamon, 2" long
2 to 4 whole cloves

Peel pineapple and cut crosswise into 1" thick slices. Remove core and cut into sections about 1" wide. Mix sugar and water in saucepan; add pineapple pieces and boil for about 10 minutes. Remove pineapple. To the sirup, add vinegar and spices. Boil until sirup is thickened. Add pineapple back into sirup and boil for about 5 minutes. Pour into hot sterilized jars and seal.

PINEAPPLE-PAPAYA-GINGER CONSERVE

Yield: 4 (6 oz. glasses)

2 cups shredded fresh pineapple
(firm ripe)
2 cups diced fresh papaya
(firm ripe)

4 cups sugar
4 teaspoons grated fresh ginger root

Peel pineapple; shred by running a fork from top to bottom of fruit; discard core. If you leave top on it will serve as a hand grip for the shredding process. Peel papaya and dice. Peel and grate fresh ginger. Measure equal amounts of each fruit. Add sugar (use 1 cup sugar per each cup of fruit) and grated ginger (about 1 teaspoon per each cup of fruit). Cook briskly in a large kettle until mixture boils, then reduce heat, and stir frequently until thick. Pour into hot, sterilized jars and cover with paraffin. Good to serve on vanilla ice cream, thin hot toast or hot biscuits.

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